

Great Neck Social Center

80 Grace Avenue
Great Neck NY 11021
Tel: 516-487-0025



January 2025

Birthday Lunch Friday, 1/24 noon

Join us and Celebrate Our
January Birthdays

*VEGETABLE SOUP
CHICKEN FAJITAS
PEPPERS & ONIONS
MEXICAN RICE & BEANS
TOSSED SALAD
CAKE*



Adult Ed Classes

YOGA: MEDITATION Bring together your mind and body in this exciting new class. Learn to focus your mind, relieve stress, and gain relaxation. Build flexibility and strength through balance to improve your physical condition. These techniques will lift your spirits and help you relax.

BONNIE RUBENS

11 A.M. – NOON

Session 6: Fri., 12/6-1/24 (12/27)

Session 1: Fri., 2/7-3/21

Happy Luna New Year

2025



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EVENTS



General Information

Program of Activities



Great Neck Social Center

80 Grace Avenue
Great Neck, NY 11021

Phone: (516) 487-0025

Fax: (516) 487-4738

Website:

www.gnsocialcenter.org

Hours:

Monday-Friday 9-4:00

Ann Tarcher

Executive Director

Vali Dibra

Office Manager

Ruoyi Xu

Program Coordinator

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Gerry Marcus

Gladys Roth

Rita Falk

Monday	9:30-2:30	Nurse Maria
	10:30-11:30	Rummikub
	9:30-11:30	Chinese Dance
	10:00-1:00	Persian Program
	10:00-11:30	Bingo
Tuesday	11:00-1:30	Indian Gathering
	12:30-1:00	Conversation
	1:00-2:30	Book Club
	1:00-2:00	Chinese Kung Fu
	9:30-11:30	Rummikub
Wednesday	9:30-11:30	Chinese Dance
	10:00-1:00	Persian Program
	10:00-11:30	Bingo
	11:00-12:00	Cornell Corporate
	1:00-2:00	World in Depth
Thursday	9:30-2:30	Modern Chinese Orchestra
	9:30-10:30	Rummikub
	9:30-11:30	Chinese Chorus
	10:00-1:00	Persian Program
	10:30-11:30	Bingo
Friday	10:30-11:30	Sing Along w'Mindy
	10:00-2:30	Cantonese Karaoke
	12-3:00	Open Game
	1:00-2:00	Womanspace/
	2:00-3:00	Memoir Writing
1/24	9:30-10:30	ESL Beginners
	10:30-11:30	Rummikub
	10:30-11:30	ESL Advanced
	9:30-11:30	Hulusi Instrument
	10:00-noon	Chinese Singing
1/24	12:30-2:30	Mandarin Karaoke
	12:30-1:30	Sing Along w'Mindy
	TBA	Ping Pong
	9:30-2:30	Nurse Maria
	9:30-11:30	Hulusi Instrument
1/24	10:30-11:30	Rummikub
	10:00-noon	Congregate Group
	10:30-11:30	Line Dancing
	12 noon	Birthday lunch
	9:30-2:00	Mrs. Li: Chinese Dance

The Great Neck Senior Center asks our participants for a suggested \$2 donation for each program that they attend. These funds are used to support the Center.

Adult Education

2025

***\$50 a session for residents
Of Great Neck***

***\$65 a session for
non-residents***

***Sign up one week before
to avoid a \$5 late fee and
class cancellation***

EXERCISE: Enjoy the benefits of a body that reflects who you are and how you feel which adds up to a lot more than a number! Sharon Epstein leads an exercise course designed to enhance your physical well-being and positive self-image. There'll be specific exercises for balance, flexibility, strength, & endurance. Bring weights and bands .

SHARON EPSTEIN

All classes 10:30—11:30

Session 6: Strength & Stretching
Tues., 11/19-1/14 (n/c 12/24, 12/31)

Session 6: Strength & Stretching
Wed., 11/27-1/22(n/c 12/25,1/1)

Session 6: Strength & Stretching
Thurs., 12/12-1/30 (n/c 12/26)

Session 1: Strength & Stretching
Tues., 1/21-3/4

Session 1: Balance & Stability
Wed., 1/29-3/12

Session 1: Strength & Stretching
Thurs., 2/6-3/20

YOGA: MEDITATION Bring together your mind and body in this exciting new class. Learn to focus your mind, relieve stress, and gain relaxation. Build flexibility and strength through balance to improve your physical condition. These techniques will lift your spirits and help you relax.

BONNIE RUBENS 11 A.M. – NOON

Session 6: Fri., 12/6-1/24 (12/27)

Session 1: Fri., 2/7-3/21

TAI CHI

Tai Chi is a Chinese exercise system practiced for health and self-defense. Incorporating breathing with slow and fluid movements, Tai Chi will help reduce stress, improve balance and increase vitality. No prior experience necessary. For those with physical limitations, the movements can be modified or be done seated. Just come and enjoy.

JOSEPH PANICO 10:30-11:30 a.m.

Session 6 Mon., 11/18-1/13
(n/c 12/23, 12/30)

Session 1: Mon., 1/20-3/3

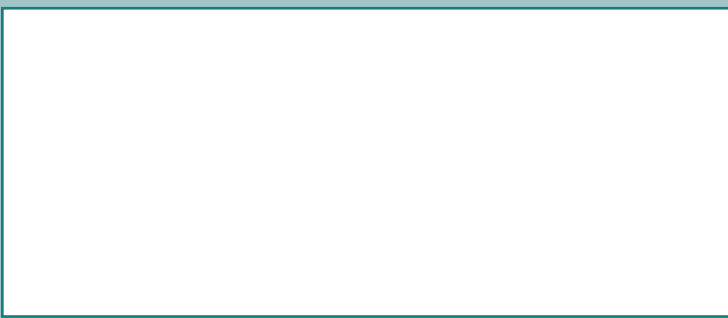
ART STUDIO

Bring your own paints or use ours and join a dynamic class of artists. This is the perfect place to bring out your inner artist. Each student is individually instructed

ANN TARCHER 12:30–2:00

Session 6: Wed., 12/11-2/5
(n/c 12/24, 1/1)

Session 1: Wed., 1/29-3/12

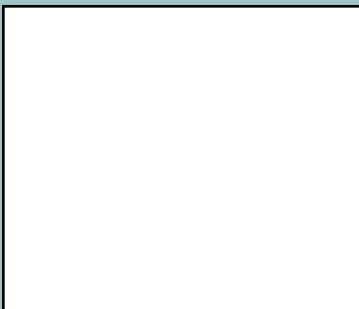


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PROGRAMS

PROJECT



The Great Neck Social Center

is the site of a
**Project Independence Nursing
Program**

Marie Liotta R.N.
Monday and Friday
10:00a.m.– 2:00 p.m.

**Eun Kyung Lee Ph.D.,LMSW
(P.I. Social Worker)**
Monday and Wednesday
11 a.m.-2 p.m.

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January Menu

Monday – Friday 12 p.m., Reservation required two days in advance, Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED	2 VEGETABLE BEAN SOUP MEATLOAF SPINACH ITALIAN BREAD BANANA MILK QFC	3 LENTIL SOUP CHICKEN FRANCAISE MASHED POTATOES PEAS & CARROTS WHEAT BREAD COOKIES QFC
6 LENTIL SOUP PIZZA TOSSED SALAD W/ CHICKPEAS APPLESAUCE MILK GN GNKOSHER PIZZA	7 CHICKEN NOODLE SOUP BEEF BURRITO W/ SHREDDED CHEESE MEXICAN RICE & BEANS FRUIT CUP MILK QFC	8 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD PEARS MILK SHIRAZ RESTAURNT	9 * VEGETABLE BEAN SOUP BREADED CHICKEN CUTLET W/GRAVY BROWN RICE CAULIFLOWER ROLL BANANA & MILK QFC	10 SPLIT PEA SOUP ROAST TURKEY W/ GRAVY STUFFING, CRANBERRY SAUCE SWEET POTATOES GREEN BEANS WHEAT BREAD COOKIES & MILK QFC
13 PERSIAN GREEN SOUP CHICKPEA FALAFELS TAHINA SAUCE FRENCH FRIES TOSSED SALAD PEACHES MILK HOUSE OF SUBS	14 * MINISTRONE SOUP SWEDISH MEATBALLS PASTA BROCCOLI WHEAT BREAD PUDDING & MILK QFC	15 THREE BEAN SOUP BAKED SALMON BASMATI RICE ITALIAN BLEED VEGETABLES WHEAT BREAD APPLESAUCE MILK HOUSE OF SUBS	16 CREAM OF BROCCOLI BATTERED FISH TARTAR SAUCE ROASTED POTATOES PEAS & CARROTS WHEAT BREAD PEARS & MILK QFC	17 CORN CHOWDER SOUP CHICKEN BURRITO MEXICAN RICE GREEN BEANS COOKIES & MILK QFC
20 CLOSED	21 SPLIT PEA SOUP BEEF STEW W/ CARROTS, CELERY & ONIONS BROWN RICE BROCCOLI WHEAT BREAD APPLESAUCE A7 MILK QFC	22 ROAST CHICKEN ROAST POTATOES PEAS & CARROTS WHEAT BREAD PEARS MILK SHIRAZ RESTAURNT	23 POTATO CHOWDER SOUP HAMBURGER W/ CHEESE LETTUCE & TOMATOES BUN & KETCHUP BAKED BEANS COLE SLAW FRUIT CUP & MILK QFC	24 VEGETABLE SOUP CHICKEN FAJITAS W/PEPPERS & ONIONS MEXICAN RICE & BEANS TOSSED SALAD CAKE & MILK QFC
27 SPLIT PEA SOUP PIZZA TOSSED SALAD W/ CHICKPEAS MIXED FRUIT CUP MILK GN KOSHER PIZZA	28 VEGETABLE BARLEY SOUP BAKED ZITI W/EGGPLANT ROLLATINI BROCCOLI ITLAIAN BREAD BANANA MILK QFC	29 THREE BEAN SOUP BAKED SALMON BASMATI RICE PEAS & CARROTS WHEAT BREAD APPLESAUCE MILK HOUSE OF SUBS	30 MINISTRONE SOUP STUFFED PEPPERS BOW TIE PASTA GREEN BEANS WHEAT BREAD PEARS & MILK QFC	31 CREAM OF BROCCOLI SOUP POT ROAST W/ GRAVY MASHED POTATOES SPINACH ROLL PUDDING & MILK QFC